



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"We're taught to take care of people we love, but sometimes you can't." -Mariel Hemingway

Caregiver Tip:

Overburdened caregivers may blame caregiving difficulties on loved ones. While this may be gratifying in the short term, awareness of your behaviors and emotions can lead to better outcomes. Here are some steps for managing caregiving difficulties that can be beneficial to both of you.

- ♦ **Don't take it personally:** Don't react to behaviors in the moment. Plan ahead on how to handle problematic behaviors. Focus the person's attention on other activities and walk away if necessary.
- ♦ **Pick your battles and avoid arguing:** Prioritize which issues are worth addressing. Find ways to agree with your loved one and validate his or her feelings.
- ♦ **Avoid Put-Downs:** Instead of using "you" statements, try using "I" statements saying "I feel upset when you talk to me like that."
- ♦ **Boundaries:** Create and stick with the boundaries. If you are unable to tolerate name calling say so in a calm, but firm, voice and walk away if necessary.
- ♦ **Try to understand:** Know the likes and dislikes of the person you are caring for. What you may think is no big deal, may be very important. Ask what is important and give as many opportunities as possible for your loved one to be in control.

Caregiver Support Group

Wednesday, May 1, 2013

4 - 5:30 p.m.

Alexandria Adult Day
Services Center
703.746.5676

Resources:

At Home in Alexandria Discussion Series:

End of Life: How to Write the Best Last Chapter: Thursday, May 16, 2013 from 1-3p.m. Charles Beatley Library, 5005 Duke St., Alexandria, VA. 22304.

Talking openly about death and dying is difficult but there is much to be gained by honest assessment, planning and open communication. Issues covered include palliative and hospice care; making sure your affairs are in order; and determining what is important to bring peace and a sense of accomplishment in this last stage of life. For more information, visit www.athomeinalexandria.org or call 703.231.0824.

Senior Services of Alexandria 2012-2013 Speaker Series:

Long-Term Care: What Everyone Needs to Know: Wednesday, May 8, 2013, at 9:30 a.m. Beth El Hebrew Congregation., 3830 Seminary Rd. Alexandria, VA. 22304. For more information, visit www.seniorservicesalex.org or call 703.836.4414, ext. 13.

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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